

HUBUNGAN TIPE KEPRIBADIAN DAN RIWAYAT PERUNDUNGAN DENGAN GANGGUAN KECEMASAN PADA REMAJA DI SMA NEGERI 6 YOGYAKARTA

INTISARI

Latar belakang: Remaja dengan tipe kepribadian introvert diasosiasikan dengan tingkat neurotisme atau ketidakstabilan emosional yang lebih tinggi sehingga membuat mereka lebih rentan mengalami masalah kesehatan mental termasuk gangguan kecemasan. Dampak gangguan kecemasan meliputi gangguan sistem tubuh, kesulitan konsentrasi, penurunan prestasi akademik, hingga masalah hubungan sosial. Selain tipe kepribadian, riwayat perundungan juga merupakan masalah yang dapat menimbulkan dampak jangka panjang bagi kesehatan mental serta diduga sebagai faktor gangguan kecemasan pada remaja.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara tipe kepribadian dan riwayat perundungan terhadap gangguan kecemasan pada remaja di SMA N 6 Yogyakarta

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional*. Subjek penelitian adalah 99 remaja peserta didik di SMA Negeri 6 Yogyakarta. Kecemasan pada remaja diukur dengan *Revised Children's Manifest Anxiety Scale* (RCMAS). Tipe kepribadian diukur dengan *The Eysenck Personality Questionnaire Brief Version* (EPQ-BV). Riwayat perundungan diukur dengan *Olweus Bullying Questionnaire*. Analisis data menggunakan uji *Chi-Square* dan regresi logistik dengan tingkat kepercayaan 95% atau kemaknaan $p < 0.05$.

Hasil: Penelitian ini menemukan hubungan yang signifikan antara tipe kepribadian ($p=0,000$) dan riwayat perundungan ($p=0,019$) terhadap gangguan kecemasan pada remaja SMA N 6 Yogyakarta. Berdasarkan analisis multivariat, skor perundungan, tipe kepribadian dan jenis kelamin dapat menjelaskan gangguan kecemasan sebesar 31%.

Kesimpulan: Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat hubungan yang signifikan antara tipe kepribadian dan riwayat perundungan.

Kata kunci: Gangguan Cemas, Remaja, Riwayat Perundungan, Tipe Kepribadian.

THE RELATIONSHIP BETWEEN PERSONALITY TYPES AND BULLYING VICTIMIZATION WITH ANXIETY DISORDERS AMONG ADOLESCENTS AT SMA NEGERI 6 YOGYAKARTA

ABSTRACT

Background: Adolescents with introverted personality types are associated with higher levels of neuroticism or emotional instability, making them more vulnerable to mental health issues, including anxiety disorders. The impacts of anxiety disorders include disruptions in bodily systems, difficulty concentrating, decreased academic performance, and social relationship problems. In addition to personality type, a history of bullying is another factor that may have long-term effects on mental health and is suspected to contribute to anxiety disorders in adolescents.

Objective: This study aims to examine the relationship between personality types and bullying history on anxiety disorders among adolescents at SMA N 6 Yogyakarta.

Methods: This research is an analytical observational study with a cross-sectional approach. The subjects were 99 adolescent students from SMA N 6 Yogyakarta. Anxiety disorders were measured using the Revised Children's Manifest Anxiety Scale (RCMAS), personality types were assessed with The Eysenck Personality Questionnaire Brief Version (EPQ-BV), and bullying history was measured using the Olweus Bullying Questionnaire. Data analysis was conducted using Chi-Square tests and logistic regression with a 95% confidence level or significance at $p < 0.05$.

Results: The study found a significant relationship between personality types ($p = 0.000$) and bullying history ($p = 0.019$) with anxiety disorders among adolescents at SMA N 6 Yogyakarta. Multivariate analysis revealed that bullying score, personality types, and gender, explained 31% of anxiety disorders.

Conclusion: The findings indicate a significant relationship between personality types and bullying history with anxiety disorders in adolescents.

Keywords: Anxiety disorder, bullying victimization, adolescents, personality types